RUNDLE MOUNTAIN CYCLING CLUB

Presents

The 30th Annual Alberta Provincial Hill Climb Championships

Sunday, September 13, 2009

Mount Norquay Road Banff, Alberta

Sanctioned by:

TECHNICAL GUIDE

***Special Note* All vehicles entering Banff National Park must have a valid Park Pass – available at any Park entrance or National Park Information Center. Please visit the Parks Canada website for more information http://www.pc.gc.ca./banff**

Event Details

Rundle Mountain Cycling Club is proud to host the 30th Provincial Hill Climb Championship taking place on the Mount Norquay Road, (Banff) Sunday, September 13, 2009. The course - 4.8 km, with seven switch back corners – is a lung-bursting grind up to the Mount Norquay Ski Lodge.

As per Parks Canada rules, the field is limited to ***100 licensed racers*.**
***Day licenses will not be available as this is a Provincial Championship Event (ABA Racing Policy, 3.3.5).

Registration

Registration will be available online *only*, via Zone4. Historically this race has been a sell-out. Please do not come to the event hoping to race if you haven't registered online.

Registration Fees: $20* until 12:00 am Thursday, September 11
$25* after 12:00 am Thursday, September 11

Cut-off for registration is **12:00 pm, Saturday September 13th**.

*both prices include online service fee

Link to online registration: http://www.zone4.ca/onlinereg.asp?ID=2434

A preliminary start list, indicating approximate category start times, will be posted **Saturday evening** on the Rundle Mountain Cycling Club website: http://www.rundlemountaincycling.club.com

Sign-On

All riders must present themselves for *Sign-on* at the Banff Community High School (330 Banff Avenue), from 9:00 am through 10:30 am, on Sunday, September 13th. Riders will be required to present their licenses at sign-on and will be given their precise start times. Any rider requiring an ABA body number will be given a number at this time. Please don't arrive late, as organizers and race officials will need to move to the start area promptly at 10:30 am.

As per ABA regulations ***all*** riders must have a valid UCI road license to compete in a Provincial Championship.

Parking

Parking is available at the Banff Community High School. Distance from Banff Community High School to the start line is approximately 1.5 km. Please allow adequate time for this trip; the route crosses the railway and you may be stopped for a train.

Please do not park:

- Near the start line on the Juniper Hotel access road (Juniper Way). If you do park here, you will be asked to move your car.
- At the top of the Mt. Norquay Road in the Norquay Parking Lot
- At the Banff Recreation Centre, currently under construction
- On the Vermillion Lakes Road

Link to Town of Banff map showing relative locations of Banff Community High School and Mt. Norquay Road:

http://www.mapquest.com/maps?city=Banff+&state=AB&address=330+Banff+Ave#a/maps/m::12:51.183044:-115.578094:0:::::1:1:1::/e

Categories

The following Provincial Championship categories are offered:

Paralympic Male	Paralympic Female
U15 Male	U15 Female
U17 Male	U17 Female
Junior Male	Junior Female
Open Men*/Category 1/2	Open Women*/Women A
Category 5	Women B
Category 4	
Category 3	
Master Men A (30 – 39)	Master Women A (30 – 39)
Master Men B (40 – 49)	Master Women B (40 – 49)
Master Men C (50 – 59)	Master Women C (50 – 59)
Master Men D (60 – 69)	Master Women D (60 – 69)
Master Men E (70+)	Master Women E (70+)

Competitors may contest only one category at this event; either their respective ability category or age-group category.

*Open categories are open to all competitors aged 19 and older.

Schedule of Events

Friday, September 11th, 12:00 am	-registration price increases to $25
Saturday, September 12th	
12:00 pm	-registration closes
6:00 pm	-start and finish lines marked
pm	-category start times posted on RMCC website
Sunday, September 13th	
9:00 am – 10:30 am	-sign-on at Banff Community High School
11:01 am	-first rider starts
1:30 pm	-results posted and awards protocol at Banff Community High School

Regulations

- **Minimum bike weight** – expect UCI Regulations to be enforced regarding minimum bike weight (6.8 kilos or 14.96 lbs). The official scale will be set-up for the use of competitors at sign-on.

- **Warm-up** – competitors are requested to not warm-up on the course past 10:45am.

- **Start times** – please be at the start line 5 minutes prior to your start. You will have your bike weighed at this time; if your bike conforms to UCI standards you must remain in the start queue until your start time. Any rider missing their start time will be allocated a new start time at the end of the race, along with a time penalty (# of minutes late added to finish time).

- **Number placement** – Please ensure that your race number is securely pinned (8+ pins please) *flat* to your centre-lower back.

- **The course** – the road will be open to two-way traffic. Please ride as far to the right as possible and be alert for vehicles, bikes, and wildlife on the course.

    - Do not cross the yellow line demarcating the middle of the road; riders cutting corners will be considered to have not completed the entire route. Corners 1, 3, 5, and 7 (left-turning switchbacks) will have cones placed on the centre-line, and will be monitored by officials.
    - Please exercise great caution when descending the course and be mindful of other riders, public traffic, oncoming racers, and wildlife.

Awards

Our intention is to offer a no-frills event with an inexpensive entry fee. Prizes will consist of gold, silver and bronze Provincial Championship medals in each category. Cash prizes (amount to-be-determined) will be given to any rider setting a new course record in his or her respective category (limit of one prize per category). Out-of-province riders are welcome to compete in this event, but are not eligible for medals.

Please Read …

Receiving permission to host road events is a significant challenge, particularly in the National Parks. As a result, it is of the utmost importance that you adhere to the rules and regulations, *particularly in regard to parking in the start area*. Your cooperation is essential to ensure that this event will continue in the future.

Contact Information

Organizer:	Andy Holmwood	andy.holmwood@shaw.ca phone - 403.707.8116
Rundle Mountain Cycling Club:		http://www.rundlemountaincycling.com (start lists, event information)
Carol's excellent Norquay blog:		http://www.norquayclimb.blogspot.com (info on records, photos, wordle, sticky wall)

HAVE AN EXCELLENT HILL CLIMB…

GRIND THOSE PEDALS… **4.8 km UP…UP…UP…**